

**NESSA WOMEN'S CHAMPIONSHIP**  
**For the**  
**REBECCA HERESHOFF TROPHY**  
**Sunday May 8, 2016**  
**Massachusetts Maritime Academy (South Plymouth, MA)**

**SAILING INSTRUCTIONS**

**1. RULES:**

- 1.1. The regatta will be governed by the current Racing Rules of Sailing, the prescriptions of US Sailing, the ISSA Procedural Rules, the NESSA Procedural Rules & District Rules, the Notice of Race, and these Sailing Instructions.
- 1.2. The Organizing Authority (OA) is NESSA in conjunction with the host site.
- 1.3. RRS appendix P is in effect modified per ISSA Procedural Rule 14(c).
- 1.4. In accordance with rule 70.5(a), decisions of the protest committee are final. US SAILING's permission has been granted.
- 1.5. ISSA PR 2.5 (Pinnies) is in effect.

- 2. NOTICE TO COMPETITORS:** Official notices including changes to sailing instructions will be posted on the official notice board located at the sailing center.

**3. SCHEDULE:**

- 3.1. Report time will be 0830. The number of races each day will be at the discretion of the regatta chair.
- 3.2. No first warning for any A Division race may start after 1600, except if the regatta is not "official" yet, in accordance with the ISSA PR, in which case racing can continue until the regatta is official.
- 3.3. Rotation schedules and boat assignments will be posted on the official notice board and live on Tech Score

**4. COURSES AND MARKS:**

- 4.1. Courses will be in accordance with ISSA PR 7.7.
- 4.2. The race committee may designate course selection orally.
- 4.3. All marks will be described at the sailors meeting.

**5. START, FINISH, AND RECALLS:**

- 5.1. Races will start in accordance with ISSA PR 7.8(a).
- 5.2. Individual recalls will be made in accordance with RRS Appendix S6.
- 5.3. General recalls will be signaled by a series of short whistles. After a general recall, the round the ends provision of RRS 30.1 shall apply except Flag I need not be displayed in accordance with ISSA PR 7.8(b) (Changes RRS 30.1).
- 5.4. The start line will be between a staff with a flag and a mark
- 5.5. The finish line will be between a staff with a flag and a mark

**6. BREAKDOWNS:**

- 6.1. Breakdown requests shall be filed in the same manner as protests.
- 6.2. Breakdowns shall be scored in accordance with ISSA PR 9(e). Compensation shall be consistent with ISSA PR Appendix 3.

**7. PROTESTS:**

- 7.1. Protests procedure will be in accordance with ISSA PR Part VI.
- 7.2. Per ISSA PR 8(b), competitors shall not communicate with a coach before reporting to the race committee their intent to protest.

**8. SCORING:** Scoring will be in accordance with ISSA PR 9.

**9. COACHING:**

- 9.1. Coaches, team leaders, chaperones, advisors, parents, or other support personnel shall not go afloat in the sailing area on the published dates of the regatta, unless explicitly permitted by the regatta chair. The penalty for failing to comply with this requirement may be the disqualification of all boats, competitors, and teams associated with the infringing personnel.
- 9.2. Competitors may receive coaching, including instruction, assistance, equipment or sustenance, only while on shore or area(s) designated by the regatta chair at the sailor's meeting.
- 9.3. A coach who is also acting as a Race Committee is exempt from 9.2 between sets of races.

**10. SAFETY:**

- 10.1. Per Procedural Rule 2.2, competitors shall wear USCG approved Type III or V lifejackets. Inflatable type lifejackets are not permitted.
- 10.2. A boat that retires from a race shall notify the race committee either before leaving the course, or if that is impossible, immediately after arriving ashore.

**11. PRIZES:** Trophies will be awarded to the school teams that finish in places first, second, third, and fourth.

**12. WAIVER OF LIABILITY:**

Sailing is an activity that has an inherent risk of damage and injury. Competitors in this event are participating entirely at their own risk. See RRS 4, Decision to Race.

The race organizers (organizing authority, race committee, protest committee, host club, sponsors, or any other organization or official) will not be responsible for damage to any boat or other property or the injury to any competitor, including death, sustained as a result of participation in this event. By participating in this event, each competitor agrees to release the race organizers from any and all liability associated with such competitor's participation in this event to the fullest extent permitted by law.